

# Among Friends



November 2013



*The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



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Senior Center 508-210-5570  
Transportation 508-210-5573  
Nutrition Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.



## DON'T FORGET.....

**DAYLIGHT SAVINGS TIME ENDS ON  
SUNDAY, NOVEMBER 3. REMEMBER  
TO TURN YOUR CLOCKS BACK 1 HOUR!!**



## VETERANS DAY OBSERVANCE



Please join us on **Wednesday, November 6** at **1:00 p.m.** as we celebrate our Veterans with a concert of patriotic music. Dawn Kelly, along with Dick Miller, will present a wonderful selection of tunes, featuring vocals with piano & guitar. The concert is free and open to all. Please call 508-210-5570 to make a reservation.

## HOME-COOKED LUNCH

The staff is in the kitchen again to bring you a delicious home-cooked meal. This month's lunch will be held on **Wednesday, November 20 at noon** and will feature home-made lasagna, salad and dessert. Reservations are **REQUIRED** and must be made by 3:00 p.m. Friday, November 15. Cost for this meal will be \$4.00 for Holden Elders and Senior Center volunteers and \$8.00 for out of town Elders. Please call 508-210-5570 to make your reservation.



## INSURANCE INFORMATION SESSION



Blue Cross Blue Shield of Massachusetts will present an information session on their health plans on **Monday, November 18**. Representatives will be available from **10:30 until Noon**. The presentation is open to all.

## STAYING HOME NO MATTER WHAT

Attorney Arthur Bergeron is pleased to announce that he will be returning to our Senior Center to present the second installment of his two-part series, "Living Where You Want with the Care You Need." The seminar will take place on **Wednesday, November 20 at 2:00 p.m.** The topic for this clinic is "Staying Home No Matter What." In this seminar Arthur and his invited guests will focus on the home care programs that can keep you safe and sound living at home. Kindly register by calling 508-210-5570. Refreshments will be provided.



## THE SENIOR CENTER WILL BE CLOSED ON

**MONDAY, NOVEMBER 11 IN  
OBSERVANCE OF VETERANS' DAY AND  
THURSDAY and FRIDAY, NOVEMBER 28 &  
29 IN OBSERVANCE OF THANKSGIVING DAY.**





# UPCOMING TRIPS

**Tues., Dec. 3 ... A Very Special Christmas...** The American Boychoir is regarded as the United States' premier concert boys' choir. Under the leadership of Fernando Malvar-Ruiz, Litton-Lodal Music Director, the American Boychoir continues to dazzle audiences with its unique blend of musical sophistication, effervescent spirit and ensemble virtuosity. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, comes from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. The American Boychoir School, the only non-sectarian boys' choir school in the nation, was founded in Columbus, Ohio in 1937, and has been located in Princeton, New Jersey since 1950. Maintaining an active touring schedule, the Boychoir performs with world-class ensembles including the Boston Symphony Orchestra. The Boychoir appears regularly as featured artists with James Levine at the Tanglewood Music Festival, and has performed with the internationally renowned soprano Jessye Norman, prominent jazz musician Wynton Marsalis, pop diva Beyoncé, and at Carnegie Hall with Sir Paul McCartney. Travel to Demitri's in Foxborough for your opportunity to experience the angelic voices of the boys first hand. Enjoy a fabulous luncheon followed by a terrific performance. There's no better way to welcome in the Holiday Season! Entrée choices of Roasted Stuffed Chicken Breast or Baked Atlantic Scrod with Ritz Cracker crumbs. Also included: Fresh Garden Salad, Rolls, Vegetable, Roasted Potatoes and Dessert. **Price is \$83.95/person including driver's gratuity. (Amount in last month's newsletter was typed in error.)** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip.

**Tues., Dec. 31 ... New Year's Eve Party ...** Featuring Stan Anderson, Jr. who has had a varied and exciting career in a wide spectrum of show business. From country and western, to oldies but goodies, and a touch of gospel, Stan Jr. has it all in his fabulous variety show. An afternoon of fun is the result of this dynamic and professional entertainer. Plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year to this exceptional orchestra! Or, if you prefer, simply watch, listen and enjoy the excellent music. Travel with us to the Sheraton 4 Points in Norwood where your meal choice will be Prime Rib or Baked Scrod, Salad, Vegetable, Potato, Dessert, Coffee & Tea. **Cost for this trip will be \$79.00/person including driver's gratuity.** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip.

**Wed., Mar. 12 ... "An Irish Celebration"** featuring Ronan Tynan of the Irish Tenors. As one of the most sought after performances for the St. Patrick's Holiday season, this is a show not to be missed! Meal choices for this trip will be Corned Beef and Cabbage or Baked Haddock. Also included: Venus DeMilo's famous Minestrone Soup, Vegetables, Breads, Dessert, Coffee/Tea. **Cost of this trip is \$80.00/person including driver's gratuity.** For pick up and return times, please call the Senior Center - 508-210-5570 - one week prior to date of trip. More details will appear in a future newsletter.

## BEST OF FRIENDS FAIR

To all of our Friends ~ **WE NEED YOU!!** Our Annual Best of Friends Fair, can only be successful with your help. With raffles, bake table, dining room, and crafts, there are opportunities for everyone! Do you have an hour or two to help in one of these areas? If you could share your time and talent on this day, please stop in at the Senior Center and sign up for a time or call Faye Ellis at 508-829-6854. Also, members will be contacted to donate items to the bake table. Items may be dropped off at the Senior Center on Friday, November 1. This year's fair will be held on **Saturday, November 2 from 9:00 a.m. until 2:00 p.m.** Come be a part of the fun and the fair! Thank you! All proceeds from the fair will benefit the seniors of Holden. Our next Friends Meeting will be held on Monday, November 4 at 1:00 p.m. See you there!



## JOIN OUR VETERANS!!



Our Veterans will hold their next meeting on Friday, November 22 at 10:30 a.m. This month our speaker will be U. S. Navy Veteran, Jim Beardsley who will speak on Random Observations of the Civil War activities and tragedies in this Country. We welcome all veterans.

**Don't let these meetings stop!** We are anxious to continue these meetings; however, we need volunteers to help with finding speakers, as well as conducting and leading our meetings. We need veterans who have a story to tell.

**SHINE COUNSELOR**  
**Monday, November 4 & Monday, November 18**  
**BY APPOINTMENT ONLY**



## CHAIR YOGA THEMES FOR NOVEMBER FOR ALL LEVELS - TUESDAYS 2:30-3:30 P.M.

November is a month for **Giving Thanks**. Try our YOGA classes as a way to **take care of yourself**, as we enter this busy time of year. **November Themes are:** November 5 - Yoga for Mind/Body **Balance** (focused and strong); November 12 - Yoga to Relieve **STRESS** (calm and centered); November 19 - Yoga for **SELF-CARE** (being Thankful and Grateful); November 25 - **FLOW** (breath and movement).



### *Mountview School Christmas Breakfast*

*The Staff and Students of Mountview School*

*cordially invite you to their annual Christmas Breakfast for **Holden elders only** on  
**Thursday, December 5 at 9:00 a.m.** If you'd like to attend this breakfast,  
please call the Senior Center at 508-210-5570 to make your reservation.*



### *Senior Center Christmas Party*

*We are trying something a little different this year. Our Christmas Party will be held on Tuesday, December 10 at Val's Restaurant, 75 Reservoir Street. We will offer a buffet featuring Chicken Marsala; Baked New England Haddock; Grilled Sirloin Tips with mushroom gravy; Mashed Potatoes; Mixed Greens Salad, Freshly Baked Rolls and Butter, Coffee and Ice Cream Sundaes. There will also be a cash bar available for those who would enjoy it. Cost for this delicious offering is \$16.99/person payable at the time of reservation. Reservations must be made by Friday, December 6. We would like to thank the Friends of the Holden Council on Aging for absorbing the cost of the gratuity.*

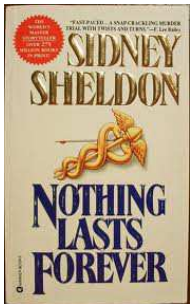


## ATTENTION PEN PALS!!



November Pen Pal Letters are due in to the Senior Center by Friday, November 15th! If for some reason you cannot get it here, you can mail it to us at 1130 Main Street, Holden, MA 01520 or you can attach it to an e-mail to either Clare (cnelson@holdenma.gov) or Louise (louise@holdenma.gov) and we will print it out and place it in an envelope for you.

## BOOK DISCUSSION GROUP



The Book Discussion Group will be reading Nothing Lasts Forever by Sidney Sheldon and meeting on Thursday, November 21. Three young doctors-their hopes, their dreams, their unexpected desires... Dr. Paige Taylor: She swore it was euthanasia, but when Paige inherited a million dollars from a patient, the D.A. called it murder. Dr. Kat Hunter: She vowed never to let another man too close again-until she accepted the challenge of a deadly bet. Dr. Honey Taft: To make it in medicine, she knew she'd need something more than the brains God gave her. Racing from the life-and-death decisions of a big major hospital to the tension-packed fireworks of a murder trial, *Nothing Lasts Forever* lays bare the ambitions and fears of healers and killers, lovers and betrayers. And proves once again that no reader can outguess Sidney Sheldon, the master of the unexpected.

**Please note the Book Discussion Group will NOT meet in December.**

## SUPPORT OUR WOUNDED SOLDIERS..

Send a Thanksgiving and/or Christmas Card to: A Recovering American Soldier; c/o Walter Reed Army Medical Center; 6900 Georgia Avenue, NW; Washington, DC 20307-5001.



*The Board and Staff of the Senior Center wishes to  
express our deepest gratitude to all of our  
Veterans and wish all of you a  
Bountiful and Blessed Thanksgiving*







# NOVEMBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>BEST OF FRIENDS</b>  <b>Saturday, November 2</b> <b>9:00 a.m. - 2:00 p.m.</b>	<b>VETERANS DAY OBSERVANCE</b>  <b>Wednesday, November 6</b> <b>1:00 p.m.</b>	<b>HOME-COOKED LUNCH</b>  <b>Wednesday</b> <b>November 20 at noon</b>	<b>1</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Beef Mediterranean</b> 1:00 Cribbage 
<b>4</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Quilting 	<b>5</b> 8-4:00 Billiards 9:30 Needlework 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Cacciatore</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>6</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Potato Crunch Fish</b> 1:00 Pitch Party 1:00 Patriotic Music  	<b>7</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Turkey a La King</b> 12:30 Movie "Sweet November" 1:00 Bridge 1:00 Line Dancing 	<b>8</b> 8-4:00 Billiards 9:00 Bereavement Group 10:00 Poker 12:00 Senior Lunch <b>Country Veal Patty</b> 1:00 Cribbage 
<b>11</b> <b>VETERAN'S DAY</b>  <b>SENIOR CENTER CLOSED</b>	<b>12</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Swedish Meatballs</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>13</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Eggplant Parmesan</b> 1:00 Pitch Party  	<b>14</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Cheese &amp; Bacon Omelet</b> 12:30 Movie "Mr. Mom" 1:00 Bridge 1:00 Line Dancing 	<b>15</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Chicken Mornay</b> 1:00 Cribbage 
<b>18</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 10:30 <b>Blue Cross Blue Shield</b> 12:00 Senior Lunch <b>Beef &amp; Bean Chili</b> 1:00 Quilting 	<b>19</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Salmon Boat w/Dill</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>20</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 <b>Home-Cooked Lunch</b> 1:00 Pitch Party 2:00 <b>Staying Home No Matter What</b>  	<b>21</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Group</b> 10:30 Low Impact Exercise 12:00 Senior Lunch <b>BBQ Rib</b> 12:30 Movie "Life of Pi" 1:00 Bridge 1:00 Line Dancing 	<b>22</b> 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 1:00 Cribbage  
<b>25</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Pork Dijon</b> 1:00 Quilting 	<b>26</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Thanksgiving Meal</b> <b>Roast Turkey &amp; Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga 	<b>27</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Spaghetti &amp; Meatballs</b> 1:00 Pitch Party  	<b>28</b>  <b>SENIOR CENTER CLOSED</b>	<b>29</b>  <b>SENIOR CENTER CLOSED</b>

## COMING IN DECEMBER...

Thurs., Dec. 5 ... Mountview Breakfast  
Holden Elders only & by Reservation only

Tues., Dec. 10 ... Senior Center Christmas Party at  
Val's by Reservation only



Wed., Dec. 11 ... Christmas Shopping in  
Boston in the 1900's

Mon., Dec. 16 ... Holiday Music Concert



## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your  
membership to: Holden Senior Center, 1130 Main Street  
Holden, MA 01520.

## BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!

### NOVEMBER MOVIES

**Thurs., Nov. 7 ... "Sweet November"** ... Keanu Reeves stars as Nelson, a San Francisco ad man who stays just busy enough to keep from noticing his loneliness. But one autumn, Nelson gets involved with a free spirit named Sara (Charlize Theron), who turns his world upside down. Sara, however, insists that their romance can last only one month. Is she afraid of commitment? Or is she hiding a terrible secret? Frank Langella co-stars in this romantic drama from Irish director Pat O'Connor. *Rated PG-13 ~ 114 minutes*



**Thurs., Nov. 14 ... "Mr. Mom"** ... After Jack is informed that his job has been furloughed, his wife goes to work at an advertising agency. Their three young kids are left with Jack, who must get accustomed to vacuuming, soap operas, school drop-offs, grocery stores and flirty moms. Starring Michael Keaton and Teri Garr *Rated PG ~ 91 minutes*

**Thurs., Nov. 21 ... "Life of Pi"** ... Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company. *Rated PG ~ 127 minutes*



*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts  
Executive Office of Elder Affairs and the Friends of HCOA*

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